

***The Golden Eagle***

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[www.rcacorp.org](http://www.rcacorp.org)

**VOLUME 47, No. 10**

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**OCTOBERFEST!**

*Thursday, October 3  
12 noon*

*Duquesne Canoe Club  
152 Arch St., Verona*

*Come enjoy the beautiful fall weather outside and  
celebrate with friends and family at RCAC OCTOBERFEST!*

*Music, games and a wonderful view watching  
the Allegheny River*

**Menu:**

*Bratwurst, Kielbasa, Hot Dogs, German Potato Salad,  
Mashed Potatoes, Sauerkraut, Red Cabbage,  
Apple Cobbler and Hot Apple Cider*

**Cost \$8**

**RSVP and pay by October 1**

*Carpool or use the RCAC bus for free, on street parking  
If inclement weather inside at the Canoe Club*



A campaign to increase awareness and uptake of vaccines for flu, COVID-19, and RSV in at-risk populations.



**Ready to get this season's vaccines?**

Meals on Wheels Greater Pittsburgh agencies partner with US Department of Health and Human Services (HHS) to help older adults stay healthy.

Mark your calendar for **October 15 from 12—2pm as the Medicine Shoppe of Oakmont** will provide a flu clinic at RCAC . Most shots are free with your insurance. (bring your insurance card) Riverview Community Action Corporation (RCAC), a member of Meals on Wheels Greater Pittsburgh collaboration, is joining a *Risk Less. Do More.* Campaign to help protect you from the most common respiratory illnesses this fall and winter.

Older adults are at a higher risk for getting sick with flu, Covid-19 and respiratory syncytial virus (RSV). It's important to get your vaccines this season and reduce the risks these can pose to your health.

**Flu Clinic October 15, 12-2pm at RCAC.**

**Walk in's welcome or call 412-828-1062 for more information.**

Visit [RiskLessDoMore.hhs.gov](http://RiskLessDoMore.hhs.gov) for more information about this campaign.

Join us on October 15 to get your vaccine and stay healthy.



**MEG L. BURKARDT, ESQUIRE**

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# CENTER ACTIVITIES

## CCAC TECH TUTORING

Thursday, October 17

10am-12pm

Have questions about how to use any of your electronic devices such as an i-phone, tablet or computer?

Make an appointment to get one on one assistance.

4 half hour appointments available



UPMC Presentation  
Friday, October 11  
12 noon

### Sepsis

Two infection preventionists from UPMC St. Margaret will discuss what Sepsis is and how to recognize early signs and symptoms. They will also discuss the different viruses, symptoms and how to prevent the spread of infections.

RSVP by October 8



**Medicare**

## WORKSHOP

Thursday, October 10  
1:00 pm

Open enrollment for Medicare runs from October 15 to December 7 for 2025.

Come hear about new offerings and updates and get your questions answered before you choose your options for 2025.

Presented by Dinnin & Parkins  
Register by October 7

## Norman Rockwell Presentation

Thursday, October 24  
1:00pm

Join RCAC as

Dick Williams presents the artwork of Norman Rockwell from the standpoint of growing up in a small town.

Register by October 21, Refreshments served



## Wednesday Crafts 10:00 AM

October 2 - Fall Decoration Bulletin Board

October 9 - Decoupage Pumpkin

October 16 - Witches Broom

October 23 - Toilet Paper Pumpkins

October 30 - Tin Can Scarecrow

\*NEW: Registration required.

Classes are \$1.00 per person



If you are celebrating a birthday in September, join us as we celebrate on Tuesday, Oct. 15. Make a reservation by Friday, October 11.

## Movie & Popcorn Days!

1:00pm

Friday, October 18

*Mrs. Doubtfire*

After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

Robin Williams and Sally Fields

Register by October 16.

Join us for lunch before the movie



## Blood Pressure

10:30-11:30 AM

Wednesday, October 2, 16, & 30

Free, no reservations necessary

## CENTER ACTIVITIES

***Holiday Ornaments for Meals on Wheels Clients***  
**Monday, October 14**

**1:00 pm**

**Volunteer to make holiday ornaments for these clients. We have some supplies on hand or bring what you have at home.**

**Center Council Meeting**

**Friday, October 4 at 12:30 pm**

If you have an idea for a program, activity, trip or ideas, suggestions to make the center better, please come to the meetings. Meetings are open to everyone.

Come talk and enjoy lunch with us.

Call to register.

**Book Club**  
**October 21 at 11:30am**

Love to read? Join Marsha and your friends to select books to read and discuss.

October's book is *Still Life* by Louise Penny.

Book Club meets every month.

Call to reserve your spot.



**CCAC Mental Aerobics/Boost Your Brain**

**Thursday, October 17**

**1:00 pm**

**Did you know that keeping your brain mentally fit is important to healthy aging? Enjoy fun games and activities that help improve memory, increase attention and broaden thinking skills.**

**Reserve your seat by October 14**

**NOTARY SERVICE now available at RCAC**

**Simple Document Service**

**Call LuAnne for more information and to schedule an appointment.**

**Small fee associated**  
**412-828-1062**

"I am not an attorney licensed to practice law in this Commonwealth. I am not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee for those activities."

***MUSIC, MUSIC, MUSIC***

**Monday, October 7**

**1:00 pm**

**Cost \$5**

***Hey Joe! Will be performing rock and roll songs from the 50's and 60's including Elvis, Buddy Holly, Ricky Nelson and more.***

***Snacks provided***

***RSVP by October 3***



**Tuesday, October 22**

**1:00 pm**

**Cost \$3**

**Cash Prizes**

Bunco is a fun easy dice game played at tables of four people, trying to score points while taking turns rolling 3 dice.

Bunco is achieved when a person rolls 3 of a kind. No experience necessary.

Sign up by October 21 and join the fun!!

**Please Note:**

All advertisers and speakers are offered to you for information only and RCAC does not endorse any company or product.

### CENTER TRIPS



**Brass at the Movies**  
**Thursday, October 10**  
**7:30 pm, Cost \$27**

*Thrill to the glorious sound of the brass in Star Wars, Jurassic Park, Jaws, Batman, Gone With the Wind and many more...*

*Register and pay by October 1*

**Salute to Broadway**  
**Wednesday, November 6**  
**7:30 pm, Cost \$27**

*River City Brass brings to life hits from the Music Man, Mary Poppins, The King and I, Fiddler on the Roof and more...*

*Register and pay by October 21*

*Bus leaves RCAC at 6:45pm for both performances  
Linton Middle School, Penn Hills  
Must have OPT/Access*

## PITTSBURGH OPERA

Pittsburgh Opera's free, informal **Song Shop Concerts** feature the Resident Artists of Pittsburgh Opera. These one-hour performances are free, fun, and open to everyone. Guests are encouraged to bring a friend and bring a lunch.

**Saturday, October 19**  
**12 noon**

Register by October 10  
Bus leaves RCAC at 11am  
Must have OPT/ACCESS

Visit RCAC at the Senior Fair  
Thursday, October 10  
Greek Orthodox Social Hall 10am - noon

Oakmont Fall Festival  
Saturday, October 26  
11am - 4pm

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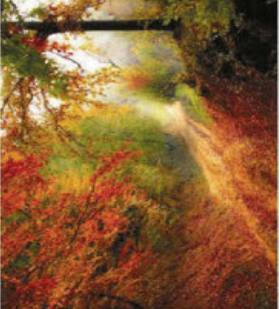

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Presbyterian  
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NETWORK.

**SrCare.org/devoted**  
OAKMONT CAMPUS  
412.828.5600



# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
 <p>1 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>1 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>2 9:30 AM: SS STABILITY &amp; BALANCE <b>ADVANCED</b> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY &amp; BALANCE <b>INTERMEDIATE</b> 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>3 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: OCTOBERFEST</p>	<p>4 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 12:30 PM: CENTER COUNCIL</p>
<p>7 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: WALMART SHOPPING 1:00 PM: MUSIC - HEY JOE 1:30 PM: TAI CHI</p>	<p>8 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>9 9:30 AM: SS STABILITY &amp; BALANCE <b>ADVANCED</b> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: WALKING CLUB 10:00 AM: CRAFTS 10:30 AM: SS STABILITY &amp; BALANCE <b>INTERMEDIATE</b> 1:00 PM: BINGO</p>	<p>10 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MEDICARE WORKSHOP 7:30 PM: RIVER CITY BRASS</p>	<p>11 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 12:00 PM: UPMC PRESENTATION</p>
<p>14 10:30 AM: CHAIR YOGA W/NANCY 1:00 PM: HOLIDAY ORNAMENTS 1:30 PM: TAI CHI</p>	<p>15 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: FLU SHOT CLINIC 1:00 PM: GAME DAY</p>	<p>16 9:30 AM: SS STABILITY &amp; BALANCE <b>ADVANCED</b> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY &amp; BALANCE <b>INTERMEDIATE</b> 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>17 9:00 AM: CHAIR YOGA 10:00 AM: CCAC TECH TUTORING 10:30 AM: SOMATICS 1:00 PM: CCAC MENTAL AEROBICS</p>	<p>18 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 1:00 PM: MOVIE</p>
<p>21 10:30 CHAIR YOGA W/NANCY 10:00 AM: MEDICARE 11:00 AM: CASINO 11:30 PM: BOOK CLUB 1:30 PM: TAI CHI</p>	<p>22 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY/BUNCO</p>	<p>23 9:30 AM: SS STABILITY &amp; BALANCE <b>ADVANCED</b> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: WALKING CLUB 10:00 AM: CRAFTS 10:30 AM: SS STABILITY &amp; BALANCE <b>INTERMEDIATE</b> 1:00 PM: BINGO</p>	<p>24 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: NORMAN ROCKWELL PRESENTATION</p>	<p>25 9:30 AM: 380 AUCTION 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN</p>
<p>28 10:30 CHAIR YOGA W/NANCY 12:00 PM COOKBOOK CLUB 1:30 PM: TAI CHI</p>	<p>29 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>30 9:30 AM: SS STABILITY &amp; BALANCE <b>ADVANCED</b> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY &amp; BALANCE <b>INTERMEDIATE</b> 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>31 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: LUNCH WITH FRIENDS 1:00 PM: BOWLING</p>	

# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p><b>October</b></p> <p>Orange Chicken Stir Fry Veggie Blend Veggie Fried Rice Bread Diced Pineapple</p>	<p>1 Meatloaf w/Gravy Mashed Potatoes Green Beans Bread Banana Bread</p>	<p>2 BBQ Flatbread Potato Salad Cantaloupe</p>	<p>3 Chicken Cordon Bleu Carrots Buttermut Squash Soup Bread Strawberry Banana Applesauce</p>	<p>4 Beef Stroganoff Side Salad Peas Buttered Rotini Pound Cake w/Strawberries</p>
<p>7 Orange Chicken Stir Fry Veggie Blend Veggie Fried Rice Bread Diced Pineapple</p>	<p>8 Penne w/Meatballs Broccoli Carrot Coins Jell-O</p>	<p>9 Chicken BLT Salad w/Dressing Bread Fresh Fruit Salad</p>	<p>10 Vegetable Lasagna Carrots Roasted Red Peppers Bread Yogurt w/Berries</p>	<p>11 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>
<p>14 Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad Chocolate Chip Cookie</p>	<p>15  Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread Chocolate Pudding</p>	<p>16 Ham Salad Sandwich Broccoli Slaw Fresh Grapes</p>	<p>17 Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread Oatmeal Cookie</p>	<p>18 Pub Steakburger w/cheese Carrots w/Ranch Dip Stuffed Pepper Soup Chocolate Pudding</p>
<p>21 Mojo Marinated Cod Fillet Coleslaw Corn &amp; Sweet Potato Soup Cilantro Lime Brown Rice Clementine</p>	<p>22 Broccoli &amp; Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango, Sugar Cookie</p>	<p>23 Italian Sub Tossed Salad w/Dressing Apple</p>	<p>24 Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Pear Chocolate Chip Cookie</p>	<p>25 Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread Pound Cake</p>
<p>28 Sausage &amp; Peppers w/Hoagie Roll Diced Potatoes Peppers &amp; Onions Fresh Fruit Salad</p>	<p>29 Firehouse Chili Broccoli Brown Rice Bread &amp; Cantaloupe</p>	<p>30 Classic Cobb Salad Salad Greens Bread Fresh Orange</p>	<p>31 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Yogurt with Berries</p>	<p><b>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</b></p>

## RCAC BUS SERVICE

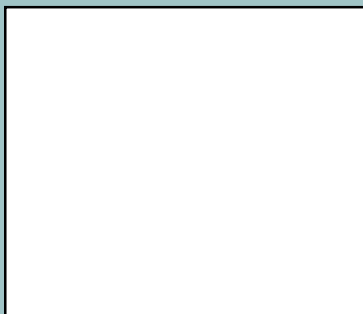
Riverview Community Action Corporation (RCAC) bus service for all Oakmont and Verona residents is in operation. Service is available by reservations Monday – Friday from 9:00 am –3:00 pm. The following rules and procedures are still in effect at this time.

- Reservations must be made 24 hours in advance by calling 412-828-1062
  - Drivers may refuse service if they feel you are sick
  - You must be able to get on and off the bus without assistance
  - No one will be picked up without a reservation, no exceptions
    - **Trips to the Center are \$2.00 ROUND TRIP!!!**
- Please call us with your questions or more information at 412-828-1062

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## FITNESS CLASSES AT THE CENTER

### Chair Yoga with Nancy

Every Monday 10:30 am—11:15 am

**New class Thursdays 9:00am - 9:45am**

This class involves moving through both seated and standing yoga poses to increase flexibility, balance, and range of motion. Proper breathing & relaxation techniques will also be shared.

## Tai Chi

with Alice

**Every Monday at 1:30 pm**

### Walk 15

Every Tuesday 9:30am—10:15 am

45 minute indoor cardio workout set to fun, upbeat music. Based on beats per minute Modifications shown throughout session.

### SilverSneakers Circuit

**Exercise Classes**

**Tuesdays 10:30 am**

**Fridays 11:15 am**

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

### SilverSneakers Stability and Balance

**Wednesdays 9:30 am - Advanced  
10:30 - Intermediate**

**You do NOT have to be a SilverSneakers member to attend.**

### Somatics Class Thursdays at 10:30 am

Clinical Somatics engages the nervous system in an active learning process that consists of very slow, focused, conscious movements.

Somatics teaches the nervous system how to release chronic muscle tension and stand and move in natural, efficient ways so that you aren't putting yourself in pain or doing damage to your body.

**\*\*This class requires a yoga mat and the ability to get up and down from the floor without assistance.**

Cost \$1.00

## LINE DANCE CLASS

Line Dancing Classes with  
Roz and Dinelle

**Fridays at 9:45am**

Cost \$1.00

Location: RCAC



Great teachers for beginners or advanced dancers

**All exercise classes are \$3.00 each  
(unless otherwise noted)**

**OR**

**Purchase a Fitness Pass for \$60  
for 25 classes.**

**(You get 5 FREE Classes when  
you purchase a pass.)**

**CENTER TRIPS**

**Candlelight Concert**

**Featuring Vivaldi's Four Seasons and more**

**Saturday, November 2**

**6:30 pm**

**Trinity Episcopal Cathedral, downtown**

**Cost \$34**

*Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before in Pittsburgh. Discover the music of Vivaldi's Four Seasons & More at Trinity Episcopal Cathedral under the gentle glow of candlelight.*

**RSVP and payment due by October 7**

Bus leaves RCAC at 5:15

Must have OPT/Access



**Friday, October 25**

**380 Auction & Discount Warehouse Inc.**

Is a family owned and operated business that started in 1965. Originally started out having live auctions on weekends and then graduated to a full time retail store. Even though the live auctions are now gone they kept our name and location. Utilizing 30,000sq. ft. of retail space they offer a huge variety of merchandise in many different categories. Our inventory changes daily. You'll never know what you might come across! Give us a chance and make the trip. You won't be disappointed!

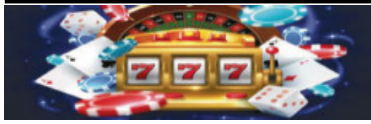
**Register by October 21**

**Bus leaves RCAC at 9:30am and  
leaves 380 at 11:30 am**

**Must have OPT/Access**

**Order lunch at RCAC to eat when you return**

TRIPS



**Rivers Casino**  
**Monday,**  
**October 21**

**Bus leaves RCAC at 11am, leaves casino at 2:30**

Play, have fun, and win a jackpot in the poker room or at one of the exciting slots or live-action table games! They have a wide selection of the exciting table games and the hottest slots, everything from penny games up to the big bills.

**Register by October 15.** Must have OPT/Access

**Monthly Shopping: Walmart at the Mills**

**October 7, 2024**  
**11:00 am –2:00 pm**

Bus will pick people up at their homes then proceed to the Mills. Return trip will pick up at The Mills, Walmart at 1:30 and drop people off at homes.

**Lunch with Friends**

**Gia Visto—Modern Italian Cuisine, Penn Hills**

**Thursday, October 31**

**12:00 pm**

Please call the center if you are planning on attending by October 28, so that we may make reservations.

**Bus leaves RCAC at 11:30 am**  
 Must have OPT/Access

**BOWLING at ZONE 28**

**Thursday, October 31**

**1:00 pm**

Bring your friends and enjoy an hour of bowling. Cost will depend on the number of people and will range from \$5 -\$10 per person.

Transportation is on your own.  
 Sign up by **Monday, October 28**

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MONDAY THROUGH FRIDAY

**October 2024**



### Clear answers to your Medicare questions

Looking for a fun, no-pressure way to learn more about Medicare? Come to an upcoming event where we'll answer your questions about Medicare and show you how you could take advantage of the benefits of a plan from UnitedHealthcare.® Bring your friends. Bring your neighbors. And bring your questions. Seats are limited, so reserve your spot by calling today 412-828-1062

October 21, 2024  
10:00 AM; 12:00 PM; & 2:00 PM  
RCAC



Ralph Witcher  
Licensed Sales Agent  
610-393-4366, TTY 711  
[ralph@witcherwaywellnes](mailto:ralph@witcherwaywellnes)



**NEW  
COOKBOOK CLUB**  
Monday, October 28  
12 PM

If you love to cook and try new recipes the Cookbook Club is the right place for you. Each month a cookbook will be selected and everyone will prepare a recipe from that cookbook and bring it to the monthly luncheon.

A preselected cookbook will be on display on the cabinet in the dining room. Select the recipe you would like and record it on the list provided.

Select your recipe and register by  
**Thursday, October 24**